

The Soldier and his Food



Dedicated to the Women of the United States
in the belief that the story of the Army of the
United States is of great interest to them as citi-
zens and of deep concern to them as Mothers,
Wives, and Sisters of the Soldiers

PREPARED BY
THE WOMEN'S INTERESTS SECTION
WAR DEPARTMENT, BUREAU OF PUBLIC RELATIONS

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The Soldier and his Food



"How's the food?"

This is one of the first questions the civilian asks the soldier.

"The chow's swell," a large number of the men will reply enthusiastically.

"It's okay," some of the more epicurean eaters will say.

And of course, there will always be a few who grouse—"Awful."

Whatever the individual answer may be, the Army answer, based on statistics, is satisfactory: During his first few months at camp, the average trainee gains between 6 and 10 pounds. A boy is not likely to put on weight, if he is not getting enough to eat.

He is getting enough to eat. Our American soldier is better fed than any other fighting man in the world today. He is also better fed than at least 60 percent of the civilian population of the United States. The "V" of his daily diet includes both variety and vitamins.

Science and Savor

Uncle Sam is, today, an outstanding nutritionist. His first assistant in this field is Miss Mary I. Barber, food consultant to the Quartermaster Corps; and her associate is Mrs. Meryl P. Stone. Both these women are experienced dietitians. They appreciate the value of a well-balanced meal. They also know the merit of a well-cooked meal.

They combine these two goals. They seek to give the soldier pie "like mother used to bake," and the vitamins the doctor ordered.

Nutrition has joined the Army. Its new military rank is giving it new civilian recognition.

"It is too bad," says Miss Barber, "that War was the gun which startled American women out of the complacent certainty that their families were well fed."

But the gun did sound. The physical examinations, and the resultant rejections, of thousands of young men summoned for service, focused attention on the nutritional deficiencies of many an American diet.

"The impact of this newly aroused interest in better nutrition," she continues, "should be so forceful that it will be felt forever throughout the world."

Lt. Col. Paul P. Logan, of the Quartermaster Corps, adds other confident words:

"Because of the research in the Subsistence Laboratory, under the supervision of Col. Rohland Isker,

and the planning by the Quartermaster Corps, the United States Army is having one of the greatest experiences of our generation—the correct feeding of 1½ million men three times each day. In my opinion, this experience in correct eating on such a grand scale will have a definite effect on national eating habits and national economy after the war.”

Definition of Terms

In any discussion of Army food, there is frequent reference to “mess” and “ration” and other military, culinary terms. It will be helpful to define them.

MESS is not a soldier’s slang for a meal he does not find appetizing. It is an ancient and honorable term in any man’s dictionary. It comes from the old French word “*mis*” meaning to place on the table. That, in turn, traces its lineage to the Latin “*missus*” which means a course at a meal. In the Army, mess means the whole meal, or, in wider use, all meals.

RATION was originally defined as the money value of a soldier’s food for one day. Today the term has been expanded to mean the soldier’s food issue.

GARRISON RATIONS are defined as peacetime rations. They are ones usually fed soldiers at Army post or camp.

FIELD RATIONS are those fed the soldier under real, or simulated, combat conditions. They are divided into several categories, to be discussed later.

IRON RATIONS. This is the popular term for food that comes in cans and is taken along by the soldier on long marches when there is not time nor opportunity to cook on a field range.

Costs, Calculations, and Contents

Costs

Today's soldier eats at the finest Army mess in the world. His individual ration costs Uncle Sam 48 cents a day, or \$175.20 a year, an all-time high in Army budgeting. In World War I, the daily cost of feeding a soldier was 26 cents.

During 1941, as the number of new soldiers rose to a million and a half, their daily food bill rose to something like \$720,000. Of this sum, more than \$100,000 went every day for the purchase of fruits and vegetables, rare delicacies in past wars. Even in the Army mess of 1917, very little fruit was served, except the inevitable prunes.

Calculations

The average healthy, hungry soldier eats about 5½ pounds of food a day. This ration contains about 4,500 calories, which is an estimated 1,500 to 3,000 more than many a well-fed civilian adult receives.

Medical studies indicate that many American diets are deficient in calcium and phosphorus. But not

the soldier's. His daily ration of milk is a certain safeguard against that lack.

The vitamin A in butter and milk is good for the eyes. Milk also contains the important vitamin B₂ and valuable minerals, fats, and carbohydrates.

Contents

This technical talk of calories is all right for the Army dietitian; but the average soldier would rather have beans than vitamins. He does not want to eat a carbohydrate, "whatever that is." And he thinks it is pretty foolish—all this fuss over a "well-balanced" meal. But he usually comes back for seconds.

To provide a week of "well-balanced" meals for one soldier, the mess sergeant is likely to have a grocery list of peacetime rations that reads something like this, for the basic items:

Weekly Requirements per Man

6½ lbs. of meats, of which a half is probably beef, veal, and lamb; a third pork, ham, and bacon; with the rest poultry and fish.

7 eggs.

3½ pints of fresh milk, 1½ lbs. of evaporated milk, plus cheese and ice cream; with a total fluid milk equivalent of over a pint.

Over a pound of butter and other fats.

5½ lbs. of bread, cereals, and other grain products.

5 lbs. of potatoes.

5 lbs. of fresh and canned vegetables.

4½ lbs. of tomatoes, citrus fruits, and other fruits.

There will, of course, be appropriate seasonal and geographical variations, since the Army, whenever possible, eats "locally" and with proper regard for what is in the market.

Let us break down this grocery list into some of its individual items.

MEAT. Meat is the backbone of the Army menu. Fresh, salted, dried, and canned meats—all are used. It is served twice, sometimes three times, a day. Roasts and stews predominate. The reason for this, the Quartermaster realistically points out, is that even Army regulations cannot find a whole carcass made up solely of steaks or lamb chops. The basic meats used are beef, pork, lamb, ham, and bacon.

FRUITS AND VEGETABLES. After a few weeks in camp, the boys who wanted only hominy with their meat begin to tuck away fruits and vegetables with a zest. They are provided with an ample amount of each, both fresh and canned. The average menu calls for at least two pieces of fruit or the equivalent fruit juice a day. It also lists two vegetables, in addition to potatoes, and specifies that one of them should be leafy.

ICE CREAM. In garrison the Army serves ice cream, on the average, twice a week; oftener if the weather is hot, or the climate warm.

Every now and then comes along the complaint that the soldiers are not getting it, at a certain camp, on Sunday, the nation's traditional ice cream and

cake day. Investigation will probably show that, if they are not getting it on Sunday, it is because Sunday is "free" day at camp. Many of the men are invited out for dinner. A thoughtful mess sergeant will, therefore, often choose to serve the "fancy" meal in midweek when the majority of men can be there to enjoy it.

COFFEE. Some like it with chicory; some like it black; but all the soldiers seem to like coffee. In order to insure it the best flavor, the Army roasts it at the last possible moment. For instance, in the Chicago Quartermaster Depot, which supplies 17 Midwestern States, coffee is shipped in green; stored until just a few hours before roasting and then sent to the field.

Mess Call

The new recruit, the experienced "top Sarge"—they both think that the sweetest music in the Army is mess call. But they never hear more than its first few notes. The rest is drowned out by the scurry and scramble of hungry men rushing to get to the table as soon as possible.

An old Army adage points out that: "A soldier never misses a meal, but he sometimes postpones one." That is true for marching men. For men in barracks, however, there is an unwritten but powerful law: A meal must never be late, not a minute, not a second late.

In his zeal to be punctual, the Army cook sometimes starts his meal too soon. This, says Miss Barber, may be the explanation for the occasional complaint that the food is overdone.

The average mess feeds about 200 men. An officer often eats with the men, to be able to give first hand evidence about the quality of the cooking, the quantity of the servings. The meal may be served cafeteria or family style. The men go back for seconds, or even thirds, as long as they last. Extra bread, coffee, water, etc., are brought to the table, amid good natured banter, by waiters especially signed to this job.

In the Army, eating is a serious business. It is also a gay and noisy business. The mess hall is likely to be a bedlam of crockery and cutlery in action; of continual, and never silent, spooning and pouring; of shouted chatter; of the clumping of the waiter's boots across the floor. And, over in the far corner, the inevitable quartet harmonizing "The White Cliffs of Dover."

The table talk is vivid, and to the point.

"Gimme me some cat beer," summons the waiter with the jug of milk.

"Irish grapes" refers, of course, to white potatoes.

And when a soldier announces he is going to get "seconds on kennel rations," he means but one thing—he wants another helping of meat loaf.

The meal takes 10, 15 minutes; 20 if it's a special

feast day. When it's over, the men rush out of the hall, just as they had rushed into it, only not so fast.

Food Preferences and Prejudices

The food faiths in the Army mess hall are almost as strong as the religious faiths in the Army chapel.

The soldier of Scandinavian ancestry must have his coffee; the soldier with British background wants his roast beef. There are the usual racial preferences for spaghetti, for Irish stew, for highly seasoned foods.

There are also definite regional as well as racial tastes. The poor mess sergeant has a difficult time making the Yankee stationed down in Dixie take to the sacred corn bread. The native sons of Florida and Massachusetts agree that fish is fine; but argue long and loyally over the merits of the fish from their respective States.

Sometimes it is possible to make a food convert.

Michigan's "Patsy"

For example: When the men from the 94th Coast Artillery, many of them from northern Michigan, were sent down to Camp Davis, N. C., they took along their cherished recipe for "Patsy" or "walking meat pie"—a sturdy dainty introduced into Michigan's mining communities by Englishmen a number of years ago. Similar to meat pie, its folds of stiff crust are filled with meat and potatoes, with carrots and peas, with celery

and beans and spices; in fact, as the lads from Michigan instructed the Army cook "Just put in anything in the kitchen that isn't fastened down."

The result was a triumph for "Patsy," in the South as well as in the North.

Oklahoma's Food Fiesta

Today's soldier in training eats well. But nobody tries to tempt his appetite. The Army cook has all he can do, just to cook. He has neither the time nor the desire to coax or cajole.

But sometimes, in the spirit of fun and with an appreciation of the value of such a survey, an Army official will conduct an experiment—sort of a gourmet's Gallup Poll.

This happened at Fort Sill, Okla., not so long ago. Lt. Col. I. A. Kurtz, the commanding officer at the Reception Center, asked every member of the Permanent Reception Center Personnel (mainly recruits) to submit his ideal menu for a day.

"The sky's the limit" was the unofficial word.

"But see that it's a well-balanced meal" was the official suggestion.

The result was a remarkable collection of food data, revealing and helpful. Certainly, the soldiers asked for delicacies, but delicacies which were, for the most part, neither extravagant nor exotic. First in popular demand was "a big, juicy steak and a slab of apple pie."

Many of the men listed fruit juices and pies and shrimp cocktail, and avoided buffalo steaks and caviar. Some of the men had amusing and amazing choices.

One man wanted "lots of lettuce for breakfast."

Another pined for a mushroom omelet at least once a day; still another yearned for lobster for lunch. Double-deck pumpkin was a filling suggestion.

After the menus had been submitted, the Center held a food fiesta for 10 days, during which time the mess sergeant used every suggested item when it was at all possible to do so.

The idea of such a fiesta has been copied, with equal success, in other camps.

Nation's Mixing Bowl

The Army is a huge mixing bowl; never more so than at the table.

The boy who has been brought up on pasteurized milk and fresh vegetables out of season may sit next to the boy who was raised on fat back and turnip greens. The boy from Michigan may sit opposite the boy from Mississippi.

Such a variety of tastes would present a problem to a cook in a boarding house or at a church supper. Ask the mother of five children with finicky appetites if she does not have her troubles. The Army has to please the palates of a million and a half men from all parts of the country and all walks of life.

General Favorites

There are, however, certain food items that are popular from Maine to Texas.

Pie is a universal favorite. Apple pie first; then cherry and peach. The pies are baked in large rectangular pans. Each "sheet" is cut into 70 squares. The cook says these pieces taste just as good as the traditional triangle; but the boys insist they prefer pie with points.

Steak is popular. All the boys like bacon and eggs. Doughnuts disappear rapidly. Soldiers eat more meat and bread than any other food. Coffee is the favorite drink, with iced tea a close second in summer.

And beans—there is still a sentimental attachment to beans. There is a story going the rounds at nearly every camp—about the mother who wrote her son asking what special delicacy she could send him. He wrote back two words—"Baked Beans."

New Versus Old

Veteran mess sergeants, weaned on hard tack and "bully beef" of World War I, find it hard to believe times have changed from the old days when the Army cook could fix any food, so ran the saying, "so long as it was beans."

There have been many culinary changes.

Today's trainee eats salad and often likes it. The new soldier drinks half a pint of milk a day and likes it; the old-timer preferred canned milk. Your old

"regular" could not have been hired, they say, to eat cooked breakfast foods. The 1942 soldier is partial to these cereals.

The new Army is also eating more than the old Army. Virtually all the old Army recipes have had to be revised, with their portions increased to match the appetite of the new recruits. Dietitians explain that the new Army is made up of younger boys who are still growing and need more food. They get it.

When the boys complain, as a few do, that they are not getting enough to eat, they really mean they are not getting enough of the food they have been used to. That is Miss Barber's explanation, based on a detailed survey.

For example, Miss Barber tells the story of the young recruit who skipped the mess' regular meals of meat and potatoes and carrots and salad and banana pudding, and so on, to go to the post exchange every mealtime and eat a couple of hamburgers and a "hot dog" or two. His peacetime job had kept him on the road much of the time, and he had formed the custom of eating his meals at roadside diners.

Cook or Chef

The old "regular" sometimes jests that the Army cook he used to know has been streamlined into a "chef." He may be right.

The modern Army cook goes to the School for Bakers and Cooks and is put through a stiff course,

during which he learns to be not only cook and butcher and baker but also something of a nutritionist and a food economist.

He has to know the right answers for questions like these:

“What is a calorie?”

“Define yeast.”

“What is the food value of milk?”

“Name the vitamins in the B complex.”

He is also taught the fine points of quartering beef and lamb, and is trained to acquire a surgeon’s dexterity with a carving knife.

“The Army Cook”

“The Army Cook” is not a person; it is a book, probably the most widely read book in the Army. It is the official textbook of the “Bakers and Cooks” schools. First written years ago, it has been brought up to date to fit changing food habits.

The first half of the book is a text on foods and equipment.

The second half contains more than 300 recipes, each planned to serve 100. It can thus be easily multiplied for the average mess, which runs from 175 to 200 men.

Leafing through the pages we find rules for a well-balanced meal.

For instance, there is the caution against serving more than one of the following at the same meal:

Brussels sprouts, cabbage, cauliflower, sauerkraut. A similar recommendation about: Kohlrabi, parsnips, rutabagas, and turnips. Carrots and peas must not share honors with either corn or beans. And never pumpkin with squash.

Menu Allotments

Turning more pages of the book, we find a list of a day's possible food requirements, with ample provision for the differences that depend on season and location.

BREAKFAST. Fresh or canned fruit (fruit juice may be substituted). Cooked or ready-to-eat cereal. Nourishing food such as eggs, sausages, or chipped beef. Toasted breads, hot bread, French toast, rolls or doughnuts. Coffee or cocoa. There is also mention of fresh milk, butter, jams, jellies, marmalades, and syrups.

DINNER. In the Army dinner comes at noon. Perhaps a well-seasoned soup, except in hot weather. In addition to potatoes, two or more vegetables, one of which should be leafy (or a salad substitute) to provide valuable minerals and vitamins. Some form of bread, butter, a beverage, and a dessert.

SUPPER. The main dish usually contains a "building" food. There is also a vegetable relish, besides potatoes. A salad is likely, if one has not been served at dinner. Bread in some form, butter, a beverage, and dessert.

The desserts, for both dinner and supper, are usually simple, filling dishes: pie, sheet cake, fruit cobbler, rice, bread or banana pudding, fruit and cookies. The winter beverages are coffee and cocoa, and occasional hot tea. Iced tea is summer's number one drink. Both winter and summer, there is the daily half pint of fresh milk for every man.

The cook book, giving heed to frugality as well as flavor, urges that "Full advantage should be taken of all left-over food," but counsels that these left-overs should be used immediately, at the next meal. Vegetables go into soups and salads; bread makes Brown Betty, croutons for soup, meat stuffing. Left over potatoes come out as fried, or in potato cakes.

Civilian's Choice

Army "chow" looks good to civilians, too, according to this story from Fort Jackson, S. C.

One day, so runs the tale the soldiers love to tell, Citizen John Doe walked into a large dining room, pulled his chair up to the long table, picked up a menu and read the following:

	BAKED HAM	
SWEETPOTATOES		STRING BEANS
CUCUMBER AND GREEN ONION SALAD		
BREAD AND BUTTER		
BREAD PUDDING		
COFFEE		

"Hey," Citizen Doe called to the waiter, "this looks pretty good. How much are you charging for it?"

"Sorry, sir," the khaki-clad waiter replied, "you'll have to join the Army to get that grub. The Quartermaster Corps buys that food for soldiers only. You can buy the same thing down the street, for 65 cents."

Quartermaster Plan

Eating is a serious business, for the soldiers who eat the food, and for the cooks who prepare the food. It is a serious business, and tremendous, for the Quartermaster Corps whose jobs it is to provide the meals for a million and a half men. This meal planning divides itself into three parts: Procurement, Menu Making, and Food Preparation.

Procurement

In normal times the garrison ration is used. Under this arrangement, each mess sergeant makes his own menus and purchases his supplies from local merchants and the post commissary on a money credit—just as the civilian buys and charges his provisions at the corner grocery. The mess sergeant may purchase anything he desires so long as he does not exceed the allowance (about 48 cents per day per man) set by the commanding officer.

Today, in time of war, the field-ration system is used. Field ration A is being used, and this is as

near like garrison ration as possible. The main difference lies in the method of purchase. Instead of a money credit, actual food is provided.

To assure well-balanced meals, and to prevent the neighboring civilian from being penalized or inconvenienced, a central purchasing plan for perishables has been set up. There are 30 marketing centers where specialists advise with the Quartermasters of the nearby posts; get prices and bids; and are guided in their buying by the availability and condition of supplies. Staples are also bought centrally. Canned goods, in quantities, are purchased by the Chicago, New York, and San Francisco Quartermaster Depots.

Menu Planning

In May 1941, acting on directions from Gen. George C. Marshall, Chief of Staff, each of the nine Corps Area Commanders appointed someone (usually the commandant of the Bakers and Cooks School) to be responsible for all the menus used in his area.

The menu, for a month, complete with a list of components and amounts for 100 men, is sent to the Subsistence Branch of the Quartermaster in Washington, well in advance of the date on which it is to be used.

Once in Washington, the menu is studied carefully by Miss Barber and others. To be approved, it must satisfactorily meet these questions:

Is sufficient food provided?

Are the menus varied enough to avoid monotony? (The month's menu must NOT have the same combinations on the same day each week.)

Are the menus simple enough to be practical under Army conditions? (A delightful dinner for two, when multiplied to feed a mess of 175, might present a number of oven problems.)

Are the menus sufficiently flexible to allow substitutes of one food for another that is fresher and more abundant at the time the purchase is made?

Are the menus nutritious? Here a specialist in Washington sets to work and calculates every component for calories, protein, fat, vitamins, and minerals.

Food Preparation

It may or may not be true that cooks are born, not made. In the Army they all have to be trained. The rapid increase of the Army caused a shortage of trained cooks and bakers and mess sergeants. In normal times, there was one "B and C" School in each of the nine Corps Areas. Some subschools have already been established and more are in progress of being set up. The faculty in each is composed of several officers, skilled in both teaching and practical work. Courses are given in cooking and baking, in nutrition, in menu making, in accounting, and in mess management. The students are, many times, men who have had some cooking experience in civil life.

Other Field Rations

We have been discussing the method of feeding the soldiers in camp. Other types of Field Rations have been developed to meet emergency conditions.

Field Ration B

This is a reserve ration made up entirely of non-perishable food. Every post has enough B-ration to feed the men, should the supply of perishables be temporarily cut off. All the meats are canned. The vegetables are either canned or dehydrated. Canned milk is used.

Ration B is divided into 2 classifications: Menu 1, or Tropical Menu; Menu 2, or Frigid Menu. Both of these menus, prepared in the Office of the Quartermaster General, for use the first 30 days of an expeditionary task force, are balanced as to nutritional value and variety. Every item is nonperishable, and may be held without deterioration and without refrigeration.

In the case of each menu, miscellaneous items will be issued every 10 days, or as often as the Field Commander desires. Most of the foods are precooked and need little more than seasoning and heating.

In the Tropical Menu, canned butter is considered as a nonperishable item. Whenever available, frozen boneless beef is recommended in preference to corned

beef. In addition to the fruits and juices supplied for breakfast, and cold drinks, lemon crystals and orange crystals are provided.

In the Frigid Menu, powdered whole milk is supplied to fill the needs whenever milk is required except in the bread formula.

Field Ration C

This is a high energy diet, prepared for marching men far from a field kitchen. It consists of 3 canned dinners: meat and beans—meat and vegetable stew—meat and vegetable hash. Each dinner has a companion can which contains: $2\frac{1}{2}$ ounces of biscuit, $\frac{1}{2}$ ounce sugar, $\frac{1}{4}$ ounce soluble coffee, and 5 pieces of hard candy. This newly developed biscuit is a cross between a bread and a cracker, with a sufficient amount of leavening to make it crisp. It is extremely palatable and much more popular than the hard "pilot" bread. There is enough soluble coffee in each can to make a pint.

The five pieces of candy, a recent substitute for 1 chocolate wafer, will, it is hoped, "space" the eating of the confection. Fatigue tests at the University of Minnesota revealed that soldiers get more energy output if the sugar they eat is consumed periodically through the day rather than a large quantity at meals.

Each of the six cans has a can opener attached. But the cans may be opened only when the commander

gives the order. These emergency rations have both more variety and nutrition than those of World War I.

Field Ration D

Ration D, known also as the "Logan Bar" (in honor of Colonel Logan), is the real "Emergency" ration. It consists of sweetened chocolate, stabilized to a high melting point by the inclusion of oat flour. It is put up in 4-ounce bars and wrapped with material which will protect it against gas and moisture. Each bar provides about 600 calories and a ration consists of three of these bars.

It is intended that several cases of these bars will be carried on the combat trains or company kitchens for use in an emergency when all other sources of food supply are temporarily interrupted. It will be issued to men who are dispatched from the main column on patrol, scouting duty, or other missions where the issue may be impractical. It may also be issued to front line troops as a confection.

Field Ration K

This type of emergency ration was originally designed for use by the Air Corps personnel who might be forced down at points miles from a settlement. Compact and concentrated, it is packed in 3 containers, each with an average weight of 12½ ounces.

The mainstay of this ration is a "pemmican biscuit" containing virtually all the essentials of a balanced diet. Each package also contains 4 graham crackers and a stick of chewing gum.

The breakfast contains powdered soluble coffee with sugar, malted milk tablets, a small tin of meat loaf. The dinner package has, in addition to the ever present pemmican biscuit, a tin of pork, a tube of bouillon paste, and a supply of dextrose tablets. The supper has cervelat sausage, some candy, and tablets for making lemonade.

Emergency rations for parachute and ski troops are being developed and concentrated "fatigue" rations are being perfected.

The science of nutrition has joined the art of cooking, to make our modern American soldier the best fed in history and in the world today. This union of skills marks a considerable progress since the days of 1917, and a tremendous one since the nation first began to feed its fighting men.

History

The story of the development of the Army mess presents a pageant of foods, all the way from hardtack to French dressing

Revolutionary War

On November 4, 1775, the day after creating the office of General, and electing George Washington to

fill that post, the Continental Congress passed a resolution: "That there be one Commissary General of Stores and Provisions."

The ration consisted of:

- 1 pound beef, or $\frac{3}{4}$ pound pork, or 1 pound salt fish per day.
- 1 pound bread or flour per day.
- 3 pints peas or beans per week.
- 1 pint milk per day.
- $\frac{1}{2}$ pint rice or 1 pint Indian Meal per week.
- 1 quart spruce beer or cider per day, or 9 gallons molasses per 100 men per week.
- 3 pounds candles per 100 men per week, for guards.
- 8 pounds hard soap per 100 men per week.

A legislative history, printed in 1877, from which this report is taken, points out that the reference to milk was interesting, for it was not available that first winter and from then on was not mentioned in the ration for over 100 years.

In 1799 the liquor was discontinued, but the Commander in Chief of the Army or the Commanding Officer of any detachment was authorized to issue to the troops "from time to time, rum, whiskey, or other ardent spirits (not to exceed $\frac{1}{2}$ gill per man per day except on extraordinary occasions)."

In those "good old days", the soldier was issued his ration uncooked each day. It was to be prepared by himself, later, over the glowing embers of the camp fire.

War of 1812

1812 brought a slight change in the ration allowance.

Per man per day:

1¼ pounds beef or ¾ pound pork.

18 ounces bread or flour.

1 gill rum, whiskey, or brandy.

Per 100 rations:

2 quarts salt.

4 quarts vinegar.

4 pounds soap.

1½ pounds candles.

1818

In a southern climate the ruling became "Give molasses in lieu of whiskey and beer, and add to the ration ½ pint of peas, beans, or rice per day." Orders were given to cultivate garden vegetables at permanent posts. The Secretary of War, J. C. Calhoun, made a long speech about Army feeding. He felt the food should be improved in both quantity and quality and urged that spirits be dispensed with.

A quaint nutrition note was issued:

"Pickles, on account of the vegetable acid, are both a pleasant and healthy stimulant to the stomach."

War between the States

There were three rations in effect during this period, all substantially the same, with a decrease in this commodity balancing an increase in that one.

Basically, the ration consisted of beef, flour, dry beans, green coffee, sugar, vinegar, and salt. Yeast powder and black pepper were the outstanding additions. Soap and candles were still included. The

history of Army feeding recalls that during the Civil War rations were "not always available" and that frequently the soldier had to live by foraging upon the surrounding country.

Spanish-American War

The significant change in this ration was the disappearance of the much disliked hard tack.

World War I

At the time the United States entered the World War, the Army was using a Garrison ration established in 1913. This was used in the continental United States throughout the war, except that in 1918 two articles (sweetpotatoes and corn meal) were added to the list of substitute articles

	<i>Ounces</i>
Beef.....	20
Flour.....	18
Baking powder.....	.08
Beans, dry.....	2.4
Potatoes, fresh.....	20
Prunes.....	1.28
Syrup.....	.32
Coffee, R. & G.....	1.12
Sugar.....	3.2
Milk, evaporated.....	.5
Vinegar.....	gill .16
Salt.....	.64
Pepper, black.....	.04
Cinnamon, ground.....	.014

	<i>Ounces</i>
Butter.....	0.5
Lard.....	.64
Flavoring extract, lemon.....	.014
Soap.....	.64
Candle.....	.24

The Army's food bill for 1917-18 was \$727,092,430.-44. The daily cost of feeding a soldier was 26 cents.

Today's soldier eats 48 cents worth of food a day. Today's soldier gains, on the average, from 6 to 10 pounds during the first few months of camp life. Today's soldier is the best fed soldier in the world and in history.

But today's soldier, like every soldier in history and in the world, loves to get a cake from home.